

Dry activity description

Badminton	Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
Football Focus	This fun football session works on skills through drills with plenty of time for games.
Dodgeball	Fun dodgeball games to keep you entertained and on the move. Good session for developing hand eye co-ordination and working in a team.
Junior Climbing	An instructed session to gain confidence and skill in Climbing. Push yourself to try new and harder routes each week.
Climbing Come & Try	A family fun hour that allows up to 4 to this come and try session. Equipment and supervision provided by our Climbing Instructor. An adult must be present to provide assistance.

Pool activity description

Pre-School	For 3-5 year olds. Aimed to understand and develop core aquatic skills to build confidence and get Swim Skills ready. These lessons will have a teacher in the water.
Swim Skills 1A (NC)	For children who are NOT CONFIDENT in the water by themselves and require assistance. An instructor will be in the water for this session.
Swim Skills 1A (C)	For children who are CONFIDENT in the water on their own and do not need any assistance. These lessons do NOT require an instructor in the water.
Swim Skills 1B - 4	Work towards achieving the 4 Learn to Swim awards. These levels help to develop a safer swimmer by developing water confidence, core aquatic skills, stroke technique, achieving triple S standard (Deep end test) along with multi-aquatic and basic lifesaving skills.

Junior Activities



Bookable from - Monday 3rd August 2026

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Shetland Recreational Trust
Scottish Charity SC002179

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**Shetland
Charitable Trust**

Junior Dry Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Badminton	Novice 1545 - 1630 Intermediate 1630 - 1715	24 Aug	5 Oct	7	P1-S4	£29.40
Tuesday						
Football Focus	1545-1630	25 Aug	6 Oct	7	P4-7	£29.40
Wednesday						
Dodgeball	1545-1630	19 Aug	7 Oct	8	P4-S1	£33.60
Junior Climbing	1600-1700 1700-1800 1800-1900	19 Aug	7 Oct	8	5-7 Yrs 8yrs + 8yrs +	£33.60
Saturday						
Climbing Come & Try	1015-1115 1130-1230	22 Aug	4 Oct	8	P1 +	A £11.20 J £7.10

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Tuesday						
Pre-School Swim	1400-1430	25 Aug	6 Oct	7	3-5yrs	£39.55
Swim Skills 1A	1600-1630	25 Aug	6 Oct	7	5+yrs	£39.55
Swim Skills 1B	1630-1700					
Swim Skills 2	1700-1730					
Swim Skills 3	1730-1800					
Swim Skills 4 + Club Ready Swim	1800-1830					
Wednesday						
Pre-School Swim	1400-1430	19 Aug	7 Oct	8	3-5yrs	£45.20
Thursday						
Swim Skills 1A	1550-1620	20 Aug	8 Oct	8	5+yrs	£45.20
Swim Skills 1B	1620-1650					
Swim Skills 3	1650-1720					